

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

111 Greenbrook Road
Green Brook, NJ 08812
Kevin G. Sumner, Health Officer/Director

732-968-5151 x 1
732-968-5331 (fax)
mbrhc@middlebrookhealth.org (e-mail)

September 2024 Newsletter

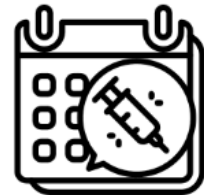
Don't Wait. Vaccinate!

Vaccines protect ourselves and others from infectious disease. When vaccinated, it is less likely that we will get sick and make others sick. They also protect us against severe illness when we do get sick. This upcoming holiday season, do your part and get vaccinated! This fall, the MBRHC and the CDC recommend:

- ✓ Everyone ages 6 months and older to receive an updated 2024-2025 COVID-19 vaccine to protect against the potentially severe outcomes of COVID-19, whether or not they have ever previously been vaccinated with a COVID-19 vaccine.
 - Find COVID-19 vaccine locations near you: www.vaccines.gov
- ✓ Everyone 6 months of age and older, with rare exceptions, to receive an updated 2024-2025 flu vaccine to reduce the risk of influenza and its potentially serious complications.

The Middle-Brook Regional Health Commission and Green Brook Family Medicine are offering Community Vaccine Clinics:

- Flu vaccines for ages 5 years and older
- Senior flu vaccines for those ages 65 years and older
- 2024-2025 Pfizer COVID vaccines for ages 12 years and older.



There is **no cost** for the Flu and or COVID vaccine for most insurance plans.



For more information
or to register, visit:

ssbjcc-vaccine.timetap.com

- **Wednesday, September 18**
11:30 AM – 1:00 PM
Shimon and Sara Birnbaum JCC
775 Talamini Rd, Bridgewater, NJ 08807
- **Monday, September 23**
4:30 PM – 6:30 PM
Shimon and Sara Birnbaum JCC
775 Talamini Rd, Bridgewater, NJ 08807



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For more information
or to register, visit:

warren-vax.timetap.com

- **Thursday, September 26**
2:30 PM – 6:00PM
Warren Township Court
46 Mountain Blvd, Warren, NJ 07059
- **Thursday October 24**
3:00 PM – 6:00 PM
Warren Township Court
46 Mountain Blvd, Warren, NJ 07059

For the Clinic:

- Registration is requested
- Please bring all insurance cards to the clinic to determine eligibility.**
- Cash price for the regular Flu vaccine is \$40.00.
- A parent/guardian is required to be present with children under the age of 18.
- A provider from Green Brook Family Medicine will be at the clinic to address any vaccine related questions.

** Note, we are unable to accept the following insurance plans:

- All HMO's
- NJ Family Care /Medicaid Insurance.
- Magnacare/OSCAR/PHCS/Clover Insurances
- Dual Plan Horizon Medicare Advantage
- United Health Care/Oxford/UMR Insurance plans.
- United Medicare Advantage HMO-POS Plans (other plans such as PPO are accepted)

For questions about acceptance of your insurance, please call Ann at Green Brook Family Medical at 732-356-0266 or email your card to insurance@greenbrookfamilymedicine.com

It is safe to receive COVID-19 and flu vaccines at the same visit. Staying up to date on vaccinations is an effective way to protect ourselves, others, and those most at risk of severe illness.

For more information on the Influenza and COVID-19 vaccines, visit:

- www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.pdf
- www.cdc.gov/vaccines/hcp/vis/vis-statements/COVID-19.pdf




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Back-to-School

Start the school year off strong! Schools can provide a safe and supportive environment, which helps students feel connected and is critical to helping them mentally, physically, and academically. Kids and teens can get a healthy start to the school year by getting active:


Physical Activity for Kids and Teens




How much physical activity do kids and teens need?

At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.




And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.




As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity
at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.


Bone-strengthening activity
at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

AND

Walk. Run. Dance. Play. **What's your move?**



For more information, visit: health.gov/moveyourway#parents.

Social Media, Online Safety and Youth Mental Health:

In 2023, the [U.S. Surgeon General issued an advisory](#) about the impact of social media on youth mental health. The Advisory presents evidence showing both negative effects, such as poor mental health outcomes from excessive use, and positive effects, such as building community connections. It also identifies research gaps that need to be addressed to fully understand social media's influence on wellbeing. Recommendations are provided for policy makers, technology firms, parents and caregivers, young people, and researchers to mitigate negative effects of excessive social media use.

Potential harms of excessive social media use include:

- Symptoms of anxiety and depression
- Poor sleep quality and reduced sleep duration
- Feelings of exclusion, low self-esteem, and social comparison
- Exposure to explicit content, cyberbullying, and online harassment
- Access to misinformation and disinformation



Although more research is needed to fully understand the scope and scale of social media's influence on mental health and well being, here's what parents and caregivers can do:

- Involve your children in decision-making about their social media use.
- Create tech-free spaces in your home, such as at the dinner table and in bedrooms.
- Encourage children to create a balance between online and offline activities.
- Promote activities that contribute to a healthy lifestyle.
- Teach them to be cautious when sharing personal information.
- Reassure them to reach out if they need help or are experiencing harassment or abuse on platforms.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat www.988lifeline.org.

Explore best practices, conversation starters and more at:

https://downloads.aap.org/AAP/PDF/Conversation_Starters_for_Families_Around_Media.pdf

New Jersey School Immunization Requirements:

Stay up to date with routine vaccinations. Vaccines work with your child's natural defenses to help them safely develop protection from diseases. Talk with your children's healthcare provider about any routine vaccines your child may have missed.

To view the New Jersey School Immunization Requirements, visit the following websites:

- **Child Care/ Preschool:**
www.nj.gov/health/cd/documents/imm_requirements/cc_preschool_requirements_parents.pdf
- **School K-12:**
www.nj.gov/health/cd/documents/imm_requirements/k12_parents.pdf

National Emergency Preparedness Month

September marks National Preparedness Month. The theme for 2024 is “Start a Conversation”. Communicating with your family, friends, and neighbors is a great first step to build your preparedness. Consider and discuss your and your loved one’s specific needs. Take simple steps and be ready for any emergency:

1. Make a Plan:

- Make plans for evacuation, communication, and protect critical documents. To get started, visit [ready.gov/plan-form](https://www.ready.gov/plan-form).

2. Build a Kit:

- ✓ A “Go-Kit” is a collection of basic items you need in the event of an emergency, and most items are already found inside the home. Gather a minimum of a three-day supply of essential items such as water, non-perishable food, matches, flashlights, battery-powered radio, spare batteries, local maps, personal hygiene and sanitation supplies, and a first aid kit.
- ✓ Store in a cool, dry, designated place easily accessible to all family members.
- ✓ Replace expired items as needed and update the kit as your needs change

3. Stay Informed:

- Monitor local weather forecasts and [sign up](#) for alerts and warnings. The [National Weather Service](#) provides weather forecasts and hazardous weather warnings.

Make sure to secure personal documents. Use Google Drive, iCloud, or Dropbox to store important information that can be accessed from your smartphone, iPad, or computer, such as emergency contact lists, identification documents, prescription drug plans, health insurance policies, banking information, personal and property insurance, and veterinary medical records and current photos of your pet(s).

First Aid training is highly recommended to prepare you for emergencies, especially for families with young children and those with special needs. [The American Red Cross](#) offers in-person and online training to learn essential safety and preparedness skills. Remember that [first aid kits](#) should be a part of your go-kit, so be sure to keep one at home, at work, and in your car. The best way to stay safe during an emergency is to take action now to be prepared.

For additional information, visit:

- www.ready.gov/plan
- www.middlebrookhealth.org/resident/emergency-preparedness

Septic Smart

September 16-20 is Septic Smart Week! Every year, the National Environmental Health Association and the U.S. Environmental Protection Agency raise awareness of the importance of caring for and maintaining septic systems. Proper septic system use and routine care are vital to protect public health, preserve our highly valued groundwater, lakes, streams, and waterways. It can also avoid costly repairs that can result from neglect. Remember these helpful tips:



Think at the Sink! What goes down the drain has a big impact on your septic system. Fats, grease, and solids can clog a system's pipes and drain field.



Don't Overload the Commode! A toilet is not a trash can. Disposable diapers and wipes, feminine hygiene products, coffee grounds, cigarette butts, and cat litter can damage a septic system.



Don't Strain Your Drain! Use water efficiently and stagger use of water-based appliances. Too much water use at once can overload a system that hasn't been pumped recently.



Shield Your Field! Tree and shrub roots, cars, and livestock can damage your septic drainfield.



Keep It Clean! Contamination can occur when a septic system leaks due to improper maintenance. Be sure your drinking water is safe to drink by testing it regularly.



Protect It and Inspect It! Regular septic system maintenance can save homeowners thousands of dollars in repairs and protect public health.

Learn more at www.epa.gov/septic.

Rabies Clinics

Middle-Brook Regional Health Commission plans to offer several rabies clinics in the fall to ensure the availability of free rabies vaccines for our cat and dog owners.



Mark your calendars, here is the **Tentative Schedule:**

- Green Brook: November 2, 9 AM
- Bridgewater: November 16, 9 AM
- Watchung: December 7, 9 AM



As we are still working to coordinate all the moving pieces to make these clinics happen, residents are asked to call the Health Commission at **732-968-5151** or **scan the QR code to view the [Commission's Calendar](#)** in late September/October to confirm the dates, times, and locations. All cats must be held in a carrier and all dogs must be leashed.



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CUCUMBER SALAD

Ingredients

- 2 cups cucumber, diced
- 1 cup tomato, seeded and diced
- 1/4 cup sweet onion, chopped
- 2 cups couscous, cooked (or rice)
- 2 teaspoons dill weed, chopped
- 1/2 cup Italian salad dressing, low-fat



Photo: myplate.gov

Makes 4 servings

Savor the last hints of summer with this couscous salad

Directions

1. Wash hands with soap and water.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.

For more recipes, visit: www.myplate.gov

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